

7286 N Oracle Rd.
520.403.1888

7159 E Tanque Verde Rd.
520.298.8404



Tucson Tamale

www.tucsontamale.com
We ship anywhere in the US!



STEP 1

PICK YOUR PLATE

Each Tamale, Burrito & Quesadilla plate includes two sides and Salsa Bar

2-TAMALE PLATE
\$7.99

FAMILY PLATTER
8 tamales, 2 large sides, chips, 8oz salsa
\$29.99

Or choose a tamale from the list on the back, but please allow 5-15 minutes to prepare.

🔥 = Spice Level

STEP 2

PICK TWO SIDES

STEP 3

PICK ADD-ONS

STEP 4

HAVE A DRINK

MEATY TAMALES

Chipotle Beef 🔥
Spicy chipotle beef

Chipotle Beef & Cheese 🔥🔥
Spicy chipotle beef, cheese, jalapeño masa

Red Chile Beef
Red chile beef, red chile masa

Green Chile Pork
Green chile pork and cheese

Green Chile Chicken
Green chile chicken

VEGGIE TAMALES

CONTAINS CHEESE

Blue Corn, Veggie & Cheese
Squash, corn, tomato, cheese, blue corn masa

Chile Relleno
Whole roasted green chile, cheese

Green Chile & Cheese "GREEN CORN"
Green chile, cheese

Black Bean & Cheese
Black beans, corn, cheese, red chile masa

Jalapeño & Cheese 🔥
Cheese, jalapeño masa

Cheese!
Cheese, masa

VEGAN TAMALES

Vegetable Curry
Organic vegetables, yellow curry

Blue Corn & Veggie
Squash, corn, tomato, blue corn masa

ASK ABOUT OUR SEASONAL TAMALES!

MEATY BURRITOS

\$6.99/Plate

Bacon
Eggs, potatoes, pintos, cheese, pico de gallo

Chorizo 🔥
Eggs, potatoes, pintos, cheese, pico de gallo

Red Chile Beef
Rice, pintos

Green Chile Pork
Rice, pintos, cheese

Green Chile Chicken
Rice, pintos, cheese

VEGGIE BURRITOS

\$6.99/Plate

CONTAINS CHEESE

Soyrizo
eggs, potatoes, pintos, cheese, pico de gallo

Eggs
Potatoes, pintos, cheese, pico de gallo

Pintos
Cheese, pico de gallo

QUESADILLAS

\$5.29/Plate

On flour tortillas.
Green Chile? Meat? See Add-ons in Step 3

TAMALE SALAD

\$7.29

Large organic green salad, red peppers, roasted corn, tomatoes, sprinkled with cold basmati rice salad and topped with your choice of tamale

Salad (counts as 2 sides)
Cold Basmati Rice Salad (v)
Hot & Spicy Spanish Rice 🔥 (v)
Spicy Black Beans 🔥 (v)

Pinto Beans (v)
Mexican Slaw (vg)
Chips and Salsa (v)

(v) = vegan (vg) = vegetarian
See reverse for larger to-go quantities.

Big Salad \$5.99
Cheese \$1.99
Chips \$2.99
Guacamole (2oz) \$2.49
Potatoes \$1.49
Sour Cream \$1.49
Nacho Cheese Sauce (2 oz) \$1.25
Cotija Cheese (2 oz) \$1.25

Bacon \$1.99
Chorizo \$1.99
Green Chile \$1.25
Green Chile Chicken \$1.99
Green Chile Pork \$1.99
Red Chile Beef \$2.39
Soyrizo \$1.99

DESSERT

Triple Chocolate Brownies \$2.99
Hot Dessert Tamale \$2.99

Fountain Drink \$2.75
Bottled Water \$2.75
20oz Bottled Soda \$3.50
Fresh Brewed Tea \$2.75

Mexican Coca Cola \$3.50
Arizona Iced Tea \$3.00
Bottled Beer \$4.50



FROZEN & TAKE-HOME ITEMS



MEATY TAMALES (2-pack)

Chipotle Beef 🌶️	
Spicy chipotle beef	6.49
Chipotle Beef & Cheese 🌶️🌶️🌶️	
Spicy chipotle beef, cheese, jalapeño masa	6.59
Red Chile Beef	
Red chile beef, red chile masa	6.49
Green Chile Pork	
Green chile pork and cheese	6.49
Green Chile Chicken	
Green chile chicken	6.49
Red Chile Pork	
Red chile pork, red chile masa	6.49
Red Chile Chicken	
Red chile chicken, red chile masa	6.49

VEGETARIAN TAMALES (2-pack) CONTAINS CHEESE

Blue Corn, Veggie & Cheese	
Squash, corn, tomato, cheese, blue corn masa	5.79
Chile Relleno	
Whole roasted green chile, cheese	6.59
Green Chile & Cheese *GREEN CORN*	
Green chile, cheese	5.79
Black Bean & Cheese	
Black beans, corn, cheese, red chile masa	5.79
Jalapeño & Cheese 🌶️	
Cheese, jalapeño masa	5.79
Cheese!	
Cheese, masa	5.79

VEGAN TAMALES (2-pack)

Black Bean & Corn	
Black beans, corn in red chile masa	5.79
Vegetable Curry	
Organic vegetables, yellow curry	6.59
Blue Corn & Veggie	
Calabacitas, blue corn masa	5.79
Vegan Green Chile	
Roasted green chile	5.79

BREAKFAST TAMALES (2-pack)

Chorizo & Cheese	
Chorizo, potato, cheese	6.49
Soyrizo & Beans	
Soyrizo, potato, pintos	5.79

DESSERT TAMALES (3-pack)

Pumpkin (vegan)	
Sweet pumpkin and spices – just like pumpkin pie!	6.49
Chocolate & Cherries	
Chocolate, cherries, chocolate cherry masa with molten choc. center	6.49

🌶️ = Spice Level

ORDER 6 OR MORE PACKS FOR 10% OFF



SEND THE TASTE OF TUCSON ANYWHERE IN THE US!

Tamales make great gifts for your friends and family. Remind them to visit, or that they never should've left.

TUCSONTAMALE.COM/STORE

A LA CARTE

Chips & Salsa Bar	2.99
Chips & Guacamole	4.75
Big Salad	5.99
Guacamole	2oz: 2.49 4oz: 4.25 8oz: 7.99
	8oz 12oz 32oz
Black or Pinto Beans	2.99 4.39 10.75
Mexican Slaw	2.99 4.39 10.75
Hot Spanish Rice	2.99 4.39 10.75
Cold Basmati Rice	2.99 4.39 10.75

TAMALE MEAL KIT 29.99

4 Frozen Packs, 2 Large Sides, 8oz Salsa & Chips

SALSAS	8oz	12oz	32oz
Sherry's Mild Red	3.59	5.25	8.50
Colette's Medium Green	3.59	5.25	10.75
Todd's Fire	3.59	5.25	8.50
Fresh Pico de Gallo	3.59	5.25	10.75

AZ FIT KITCHEN MEAL PREP SERVICE



All of our meals are designed to help busy people avoid poor food choices, while saving them time as we do all the prepping and cooking. With our meal prep service, you get vegan, vegetarian, keto, and gluten free options within our weekly rotating menu of breakfasts, lunches, dinners, salads, snacks and desserts in a variety of meal sizes.

Select the fresh dishes that fit your goals:

LEAN	MAINTAIN	GAIN	INSANE	SALADS	SNACKS
\$7.00	\$8.50	\$10.50	\$13.00	\$8.00	\$5.00

Visit our website WWW.AZFITKITCHEN.COM and place your order today or grab a fresh, healthy meal from our Grab-N-Go fridge as you leave the restaurant!

OUR STORY

Todd Martin fell in love with tamales around the same time he fell in love with his wife. After one fortuitous day of making tamales with Sherry's family, Todd decided two things—he needed to marry Sherry, and he needed to make tamales.

The couple opened Tucson Tamale in 2008 to create delicious and healthy food, celebrating tradition with premium ingredients and fun flavor combinations. Every tamale we make is hand-made with love, from our Tucson kitchen to yours.